



this purpose. Remember all competitors must run 300 miles for six days in order to remain in the ten-day race. The competitors in the six-day must complete 150 miles after three days in order to continue. These guidelines are for creating a standard and are not meant as hindrances to your enjoyment of the race.

Again this year we will be using generators for our electric power in the camp area. Consequently there may be occasional blackouts or losses of power. Please bear with us as we attend to these inconveniences. It may be wise to pack a good flashlight for your tent or barracks. Course monitors will be around the course throughout the duration of the race. In the event of problems or emergencies, they can assist you.

There will be a runners kitchen and a camp kitchen. The runners kitchen will contain food, drinks, snacks and three hot meals a day. The camp kitchen will store your own personal food items, as well as food for handlers and staff. Only runners and their helpers should enter the runners kitchen to avoid congestion in the kitchen. Everyone else should use the camp kitchen to hang out. Handlers working full time should expect to pay \$13.00 per day to cover their meals. We will set aside meals for them every day if they can not eat at the regular posted times. If a handler is only part-time, then a per meal price will be available. The runners kitchen will prepare vegetarian, wholesome dishes, high in carbohydrate, with adequate protein and fats for long distance fuel. If you have special dietary requirements let us know well beforehand, so that some sort of arrangement can be made. Fulltime handlers should expect to pay \$13.00 per day for food provided by the race staff.

There will be a long structure called the dugout, where tables and chairs are for each runner's use. We ask that no cots be placed in the dugout since there is a limitation on space.

Please be at the racesite at least 2 hours before the start of either race. If you have any questions or if problems arise, call us at 718-739-7453 days, or 718-297-2556 evenings. We want to do everything possible to make these races the best experience of your life. Good luck with your training and final preparations!

**Rupantar LaRusso**

Race Director

**Sahishnu Szczesiul**

Race Coordinator

Sri Chinmoy Marathon Team Fax 718-297-2556

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Please fill out the following and send it back to us \*\*\*\*\*

I AM BRINGING MY OWN TENT\_\_\_\_\_

I WILL NOT BE BRINGING A TENT- PLEASE RESERVE DORM SPACE\_\_\_\_\_

I WILL BE BRINGING\_\_\_\_\_ HANDLERS.

(There is a \$13.00 per day charge for food for long term handlers.)

Self-Transcendence Ten-Day Race/ Six-Day Race \*150-47 87th Avenue \*Jamaica, NY. 11432 USA

**Sri Chinmoy Marathon Team**



# *Self-Transcendence*

*Ten-Day Race*

April 23 - May 3, 2008

*Six-Day Race*

April 27 - May 3, 2008

FLUSHING MEADOWS CORONA PARK

Flushing, Queens, New York

Dear Runner,

Welcome to the Thirteenth Annual Self-Transcendence Ten Day Race and the Eleventh Annual Self-Transcendence Six Day Race. The Ten-Day race starts on Wednesday, April 23 at **12:00 noon**, EDT and finishes at 12:00 noon on Saturday May 3, 2008 at Flushing Meadows Corona Park, in Flushing, Queens, New York. The Six-Day race happens concurrently with the Ten-Day, starting on Sunday, April 27 at 12:00 noon, and finishing on May 3.

The course is a very flat, scenic, one mile loop in a pleasant park setting near the famous areas of the World's Fair of 1964 and close to the USTA facility, home of the US Open. There are many patches of green and trees, as well as close proximity to Meadow Lake. Temperatures in April and May in New York generally vary between 52° and 71 ° with extremes at 33° and 96°. In other words, plan for any conceivable weather condition, including rain and windy conditions. Please bring ample pairs of shoes, socks and running gear, as well as a good sleeping bag and a winter jacket.

Sleeping quarters will be provided, where you can rest and store your gear. We do encourage the use of tents, however, since quite often runners take breaks for rest at different times and would be better served by having their own private tent. Please respect men's and women's privacy in the separate dormitories. Sleeping cots and blankets will be available. You should bring a laundry bag, as there will be one laundry service during the week if you need it. Camper vehicles and RV 's are not allowed in the park.

You are encouraged to bring a handler for the race. A handler can help immeasurably, not only for personal support but for proper judgement as well, especially when an exhausted runner cannot think clearly or make a decision.

We will have an experienced medical staff on hand throughout the race. Massage and chiropractic adjustments will be between posted hours. First aid is available on a 24 hour basis. PLEASE do not ask for pain killers any stronger than aspirin, and please be advised that if at any time the medical supervisor and the race director feel that you are in danger of doing serious injury to yourself, you will be taken out of the race. You must inform the medical staff and the race directors of any medical abnormalities you might have or special medications you might be taking. This is for your safety and well-being. There will also be a co-ed massage tent for couples who need each others' help in addition to the regular men's and women's medical tents. No couples should enter the regular medical tents. Alcoholic beverages are not permitted in the park, and consumption by competitors and their handlers may result in disqualification.

There will be a large scoring tent for the recording of laps. We ask that ALL runners wear their number while on the course, both to assist us in proper scoring and to further help security personnel. This becomes a must when the six-day racers join the fray on April 29. The public will be interested in your attempts, also, so wear your number. There will be a telephone in the counting tent, but please do not burden us with your long-distance calls. We will have calling cards for